

Youth and Young Adult Health Resources

The resources on this list offer free, confidential helplines and other services.

All are available to Oklahoma youth and young adults.

Mental Health

Resources related to mental health and connect youth and young adults with mental health professionals who can provide emotional support to those in crisis and/or emotional distress.

Crisis Text Line

crisistextline.org | text HOME to 741-741

National Alliance on Mental Illness (NAMI) Oklahoma

namioklahoma.org | call 1-800-583-1264

988 Suicide and Crisis Lifeline

988lifeline.org | call 988 | or chat online

Youth Crisis Mobile Response

heartlineoklahoma.org | call 833-855-CARE (2273)

Substance Use

Resources related to substance use disorders, treatment and recovery

National Institute on Drug Abuse (NIDA) for Teens

teens.drugabuse.gov/teens

SAMHSA National Helpline

samhsa.gov | call 1-800-662-HELP (4357)

Truth Initiative

truthinitiative.org/thisisquitting | text DITCHVAPE to 88709

Oklahoma Tobacco Helpline

okhelpline.com | call 1-800 QUIT NOW

Dating Violence / Sexual Assault

Resources that aim to disrupt and prevent unhealthy relationships and intimate partner violence via information, support and advocacy.

Love is respect

loveisrespect.org | call 1-866-331-9474 | text LOVEIS to 22522 | or chat online

National Domestic Violence Hotline

thehotline.org | call 1-800-799-SAFE (7233) | text START to 88788 | or chat online

National Sexual Assault Hotline

rainn.org | call 1-800-656-HOPE (4673) | or chat online

YWCA OKC

ywcaokc.org/sexual-assault | call 405-943-7273 (sexual assault) | call 405-917-9922 (domestic violence)

LGBTQ+

Resources for youth who identify as lesbian, gay, bisexual, transgender, questioning, or any other identity (LGBTQ+) who may be in crisis, are feeling suicidal, and/or are in need of a safe and judgement-free space.

LGBT National Help Center

lgbthotline.org | call 1-800-246-7743 | or chat online

Oklahomans for Equality (OkEq)

okeq.org | call 918-743-4297

Q Chat Space

qchatspace.org

The Trevor Project

thetrevorproject.org | call 1-866-488-7386 | text “start” to 678- 678 | or chat online

Updated November 2022